

DROWNING  
IS  
SILENT



## FOREWORD



Drowning is the 3rd leading cause of unintentional injury death worldwide and one among the State specific disasters. Irrespective of the age or situation, several individuals encounter drowning in their day-to-day life.

While drowning can happen to anybody, anytime and anywhere; prevention is possible if an individual is well aware, alert and possess basic knowledge on how to respond in such situations. Utkal University being one of the pioneer educational University, has taken a small initiative to educate the students at primary stage about drowning through this illustrative book. I am grateful to the entire team of OSDMA and ODRAF for their support and guidance in developing this book.

I hope through this book, we will be able to educate the targeted readers.

*Sabita Acharya*  
Prof. Sabita Acharya, July 2021

**Vice Chancellor,  
Utkal University**



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Hi!

I am Rajiv. I am a Swimming Instructor by profession and storytelling is my passion. What's your name? You know books do listen and communicate! I will be interacting with you throughout this book. I know, I am not as cute and energetic as you... but I am taller than you... (hahaha)

I have a beautiful yet informative story for you. I hope you are reading this book at the best of your health. Are you reading this in your classroom or at home?? Wherever it may be, I hope at least you are not reading it near a water body or a swimming pool... (hahaha)

Do you have a friend? How many?? Do you want few more friends? Today, you might get few more friends through this book...

Oh! I have to go... My swimming class will start now. Today I have a new student, oh yes, a new friend for you named Ravi. Just for your information, Ravi is a cute and smart little kid like you. Unfortunately, he met with an accident what we say is drowning. I hope you know what's drowning... Yes? No? If you want you can join me in the class... For those who know what is drowning, you can cross verify whether what you know is enough or not... For those who don't know let's hear and participate in the conversation that is going on. Let's listen from your friend Ravi as to how he met with this accident at such an early age?

Come follow me to my class!

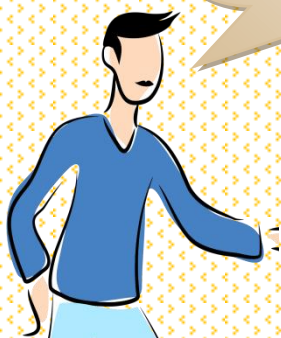
WHAT IS DROWNING??



I have seen in movies...  
when someone is  
drowning, they splash  
water and scream for  
help... waving their  
arms above their head  
trying to signal



NO... Drowning in movies is  
not what drowning looks like  
in real life. Drowning is a  
type of suffocation induced  
by submersion or immersion  
of the mouth and nose in a  
liquid. Drowning is silent...



Good morning Class.. today we have a new student in our class named Ravi. Welcome Ravi! Would you like to introduce yourself to the class? What drove you to join Swimming class?

**TODAY'S TOPIC IS:  
DROWNING IS SILENT...**



**TODAY'S TOPIC IS:  
DROWNING IS SILENT...**



Thank you Sir... I am Ravi. I study in 3rd standard in William Public School. Sir the incident that took place with me, made me realise the importance of swimming..



Would you like to elaborate???

**TODAY'S TOPIC IS:  
DROWNING IS SILENT...**



**TODAY'S TOPIC IS:  
DROWNING IS SILENT...**



Sure Sir... Today I would not have been alive if Anil and Vijay would not have acted spontaneously to save me... It was a pleasant evening in the playground near the pond and we were having an interesting football match and I was the captain of team A....





How can you tell when someone is drowning?  
Drowning in Real Life looks somewhat where:

Head is usually tilted back with mouth wide open.



Eyes are either closed or wide open, unable to focus.



Head goes up and down the water level.



Deep breathing or gasping.




Trying to swim in a particular direction but not making progress.


**IMPORTANT:** If you've noticed at least one of these signs, don't waste time. Ask the person, 'Are you all right?' If there's no answer, help them.



At Anil's home...(that evening before the incident took place...)



Papa! I and Usha are going out to play on the playground near the pond with our friends




Ok Anil, but both of you be careful as the pond has not been fenced till now.



Ok Papa

Alright Papa



Usha don't forget what Papa has said

Ok Brother...

*Drowning is the 3rd leading cause of unintentional injury death worldwide, accounting for 7% of all injury-related deaths.*

*Worldwide, drowning is among the ten leading causes of death for children aged 5-14 years.*



*According to reports, nearly 54% of all drowning deaths in India occurred among children under the age of 5, 26% among children aged between 5-9 years and 19% among children aged between 10-14.*

*As per sources, in the year 2018 large number of deaths due to 'Drowning' was reported from Madhya Pradesh (4,542 out of 30,187) accounting for 15.0% of accidental deaths.*

*In Odisha, as many as 1200 persons lost their lives due to drowning in 30 districts during the year 2019-20.*

*In Odisha, Ganjam district has maximum number of death cases and Boudh has least number of cases.*



- (Source: 1. <https://www.who.int/news-room/fact-sheets/detail/drowning>  
2. <https://www.who.int/campaigns/world-drowning-prevention-day/2021>  
3. <https://nimhans.ac.in/wp-content/uploads/2019/09/Advancing-Child-Safety-in-India-Implementation-is-the-Key.-A-report-by-NIMHANS-2019.pdf>  
4. <https://ncrb.gov.in/sites/default/files/ADSI-2018-FULL-REPORT-2018.pdf>  
5. [https://srcodisha.nic.in/annualReport/JHLGu3hOAnnual%20Report%20on%20NC%202019-20\\_compressed.pdf](https://srcodisha.nic.in/annualReport/JHLGu3hOAnnual%20Report%20on%20NC%202019-20_compressed.pdf))

## **DID YOU KNOW???**

World Drowning Prevention Day is held annually on 25 July. It was declared through the April 2021 UN General Assembly resolution A/75/L.76 "Global drowning prevention". This event serves as an opportunity to highlight the tragic and profound impact of drowning on families and communities and offer life-saving solutions to prevent it.

(Source: <https://www.who.int/campaigns/world-drowning-prevention-day/2021>)

# On the playground (the evening when the incidence took place...)

How is your swimming class going? And where Vijay?

It is going good... Need to practice more in order to be able to save someone... Vijay is having a training workshop on emergency rescue operation...



What a coward friend I have got...

You may call me whatever you wish... Dad has said small kids shouldn't go near the pond.



Bunty come let's go and catch some fish in the pond.. I have brought Dad's fishing rod while he was sleeping

No no.... I am afraid of water, you stay here and play with me

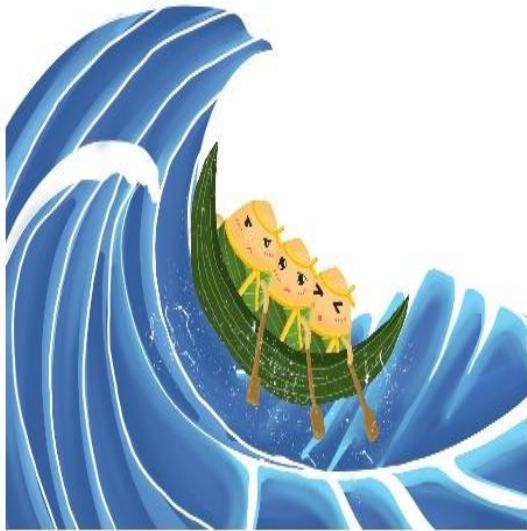


I was wondering a selfie near the pond will surely make an awesome profile pic for my whatsapp dp

Have you lost your mind??? It is always advised not to take selfies or photos near water bodies as one might die out of drowning if they fall into the waterbody



# SOME OF THE MAJOR CAUSES OF DROWNING IN DAY-TO-DAY LIFE:



1. BOATING WITH FRIENDS, NOT BEING AWARE OF WATER BEHAVIOR

2. TRAVELLING IN OVER CROWDED BOATS



3. TAKING BATH AFTER PLAYING HOLI IN UNSAFE WATER BODIES



4. PERFORMING STUNTS IN PICNIC SPOTS



6. TAKING SELFIE NEAR WATER BODIES



5. JUMPING INTO WATER WITHOUT KNOWING SWIMMING



## USUAL DROWNING SEQUENCE:

Victim struggles to keep his or her head above the water

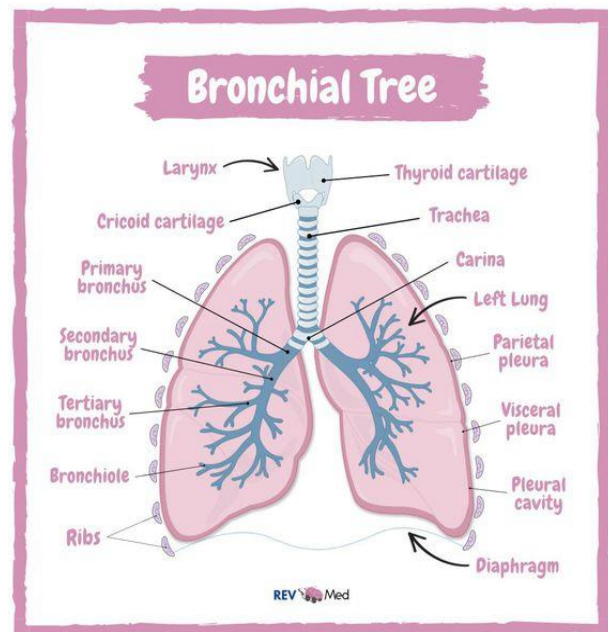
Head submerges or drops below the water surface, breath holding occurs

Water enters the upper airways; it causes the larynx to go into spasm

Most often the spasm relaxes, allowing water through the larynx into the bronchial tree and the lungs.

The heart muscle needs oxygen to function and deadly, irregular heart rhythms may occur with oxygen deprivation.

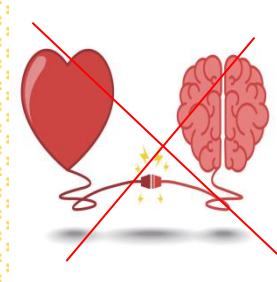
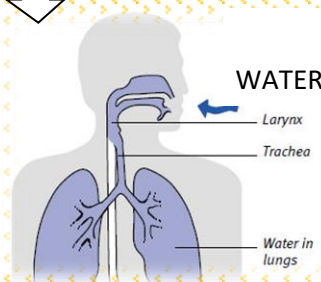
The brain stops functioning within just a few minutes without oxygen, and permanent damage occurs if there is no oxygen for more than six minutes.



Source: 1. <https://medizzy.com/feed/5234701>

2. [https://www.emedicinehealth.com/drowning/article\\_em.htm#drowning\\_prevention\\_facts](https://www.emedicinehealth.com/drowning/article_em.htm#drowning_prevention_facts)

3. <https://www.health.harvard.edu/heart-health/heart-disease-and-brain-health-looking-at-the-links>





**In Odisha, most of the drowning deaths take in the months from July to November.-**

**Lifebuoy & Life jackets can save you from drowning.**

**Fun-filled events like jumping into water bodies with friends for getting a summer bath, carelessly diving into water, travelling in overcrowded boats during festivals, etc may lead to drowning.**

**Drowning, lightning, whirlwind, tornado, heavy rain, sunstroke, boat accident, and snakebite are the eight natural calamities announced as State Specific Disasters by Government of Odisha.**

**Ex- gratia assistance of INR 400,000/- per deceased to next kins of the victims is provided by State Disaster Response Fund(SDRF), Odisha.**

**DID YOU**

**KNOW?**







## MYTHS

**Drowning is noisy,**

**Floating aids and water wings  
Will keep children safe.**

**You should always jump in the  
water to save someone.**

**Kids are safe in a wading pool  
or shallow water.**

**I don't live or vacation near  
the water, so I don't need to  
worry.**



## FACTS

**Unlikely in movies, when un-  
noticed, drowning is silent and  
can happen quickly, mainly  
when it comes to young  
children.**

**Indian Register & Shipping  
(SOLAS) approved life jacket  
& lifebuoy is the best water  
safety device for any  
swimmer. These aids should  
be used with adult  
supervision.**

**Jumping in may risk you as  
well as the victim. However,  
reaching out to them from  
the side or throwing them  
something to help them stay  
afloat (like a life tube).**

**Children can drown in inches  
of water and may submerge in  
water within few minutes.**

**Water hazards are  
everywhere, including in and  
around every home. Toddlers  
have drowned in one bucket  
full of water, garden ponds,  
and even toilet bowls.**





## DROWNING RISK FACTORS

*The following are drowning risks in infants and children:*

- *Lack of supervision in the bathtub or other body of water.*
- *A swimming pool or an open pond. (Children, who have drowned, usually have been out of sight for less than 5 minutes.)*
- *Lack of life jackets (personal floatation devices) on boats.*
- *Pool toys are not a substitute for a "real" life jacket.*
- *Negligence towards children.*

*The following are drowning risks in teenagers and adults:*

- *Alcohol consumption is a factor in half of all teenage and adult drowning case.*
- *Inability to swim.*
- *Medical emergency in the water like victims who experience a heart attack, stroke or seizure in the water. It also includes open water drowning victims who sustain an animal bite or sting.*
- *Fatigue or exhaustion when swimming.*
- *Not knowing much about water. This includes diving into water and sustaining a fatal or non-fatal injury.*
- *Boat accidents.*
- *Lack of life jackets.*

*(Source:*

*[https://www.emedicinehealth.com/drowning/article\\_em.htm#how\\_do\\_medical\\_personnel\\_care\\_for\\_a\\_drowning\\_victim](https://www.emedicinehealth.com/drowning/article_em.htm#how_do_medical_personnel_care_for_a_drowning_victim))*





## HOW TO SAVE SOMEONE WHO IS DROWNING???

### Shout for help.

No matter your experience or training, having others assist you is a good idea.



### Dial 100 /101

Call the rescue emergency number to report the incident as soon as possible.



### Reach

This is quite risky and a lot of care should be taken.



### Throw

Most of the swimming areas have safety rings that are attached to a long rope.



### Row

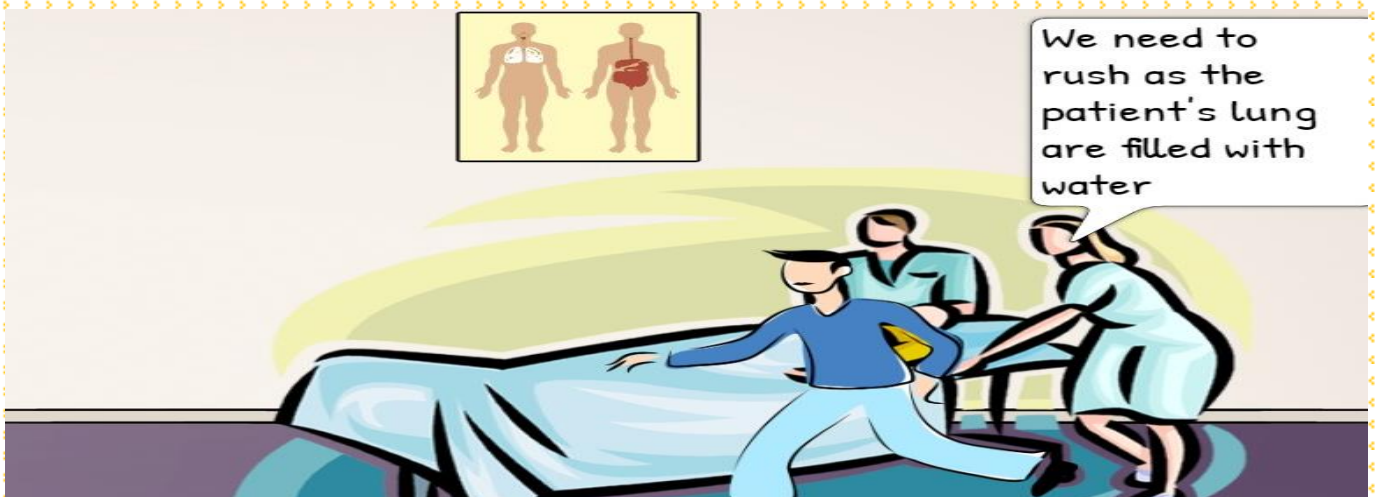
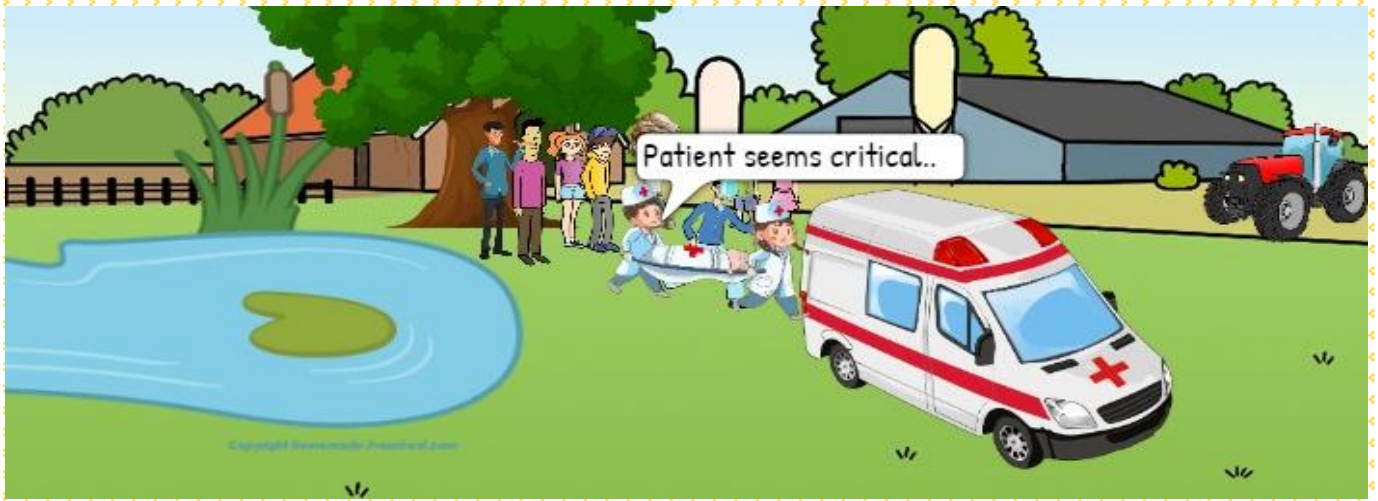
This applies where the victim is too far and can neither use reach or throw methods. Take a boat and go close to the victim taking care not to hit him.



### Go

Swimming to rescue someone drowning should be the last resort, it require swimming skills and a lot of training before doing it.





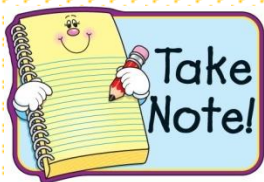
# WHAT NEXT?

After rescuing the victim  
from Drowning???

Give first aid to the victim immediately after rescuing him or her.

Feel for the pulse on the neck side or the wrist, if he is still breathing feel for the air coming through the nose and ensure it is open.

If the victim is not breathing, perform a Cardiopulmonary resuscitation (CPR) to increase his chances of surviving.



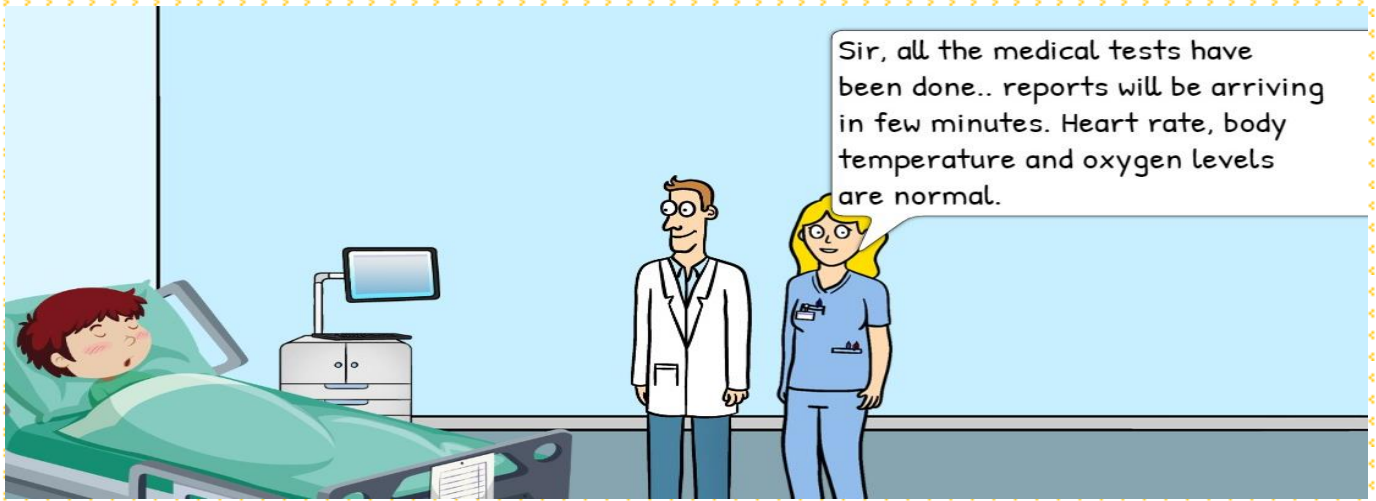
**A Cardiopulmonary Resuscitation (CPR) is a combination of chest compressions and mouth-to-mouth resuscitation to deliver oxygen and artificial blood circulation to the victim.**

**When you perform a CPR, blood is circulated to the body providing oxygen to the brain and other body parts. A CPR should be performed immediately by trained personnel to a person with breathing difficulty as starvation of oxygen in the brain may cause death.**



(Source: <https://depositphotos.com/372901784/stock-illustration-cpr-how-vector-illustration.html>)







My Mom used to say, "It is better to be safe than Sorry..."

## HOW CAN ONE PREVENT DROWNING???

- Provide close and constant attention to children you are supervising in or near water.
- Fence pools and spas with adequate barriers, including four-sided fencing.
- Learn swimming and water-safety survival skills.
- Children, inexperienced swimmers, and all boaters should wear life jackets.
- Always swim in a lifeguarded area.



(Source: <https://www.redcross.org/content/dam/redcross/Health-Safety-Services/Aquatics/circle-of-drowning-prevention.pdf>)

### Be Safe After:

If someone is missing, check the water first.

If someone is in trouble in the water reach out to the person using any available object, throw anything that will provide the victim support.

Keep yourself safe. In most cases, only trained professionals should enter the water to perform a rescue.

Do not trust a child's life with another child. Teach children to always ask permission to go near water.

No one is 'drownproof' or 'water safe'. Participation in any swim lesson programme cannot make somebody 'drownproof'.

(Source: OSDMA safety manual)



Oh! It's really sad to know what Ravi went through... I will learn swimming so that I will never drown.

Yes, I will also join swimming classes so that I will never meet with such accident.



Yes, if I would have taught swimming to my son, then today he must not have met with such an accident.



It is essential to learn swimming... but one should not assume that if he/she knows swimming then they are never going to drown.





DO YOU STAY IN SUCH MYTH THAT YOU ARE SAFE IF YOU KNOW HOW TO SWIM???

### **MYTH 1: Good Swimmers Don't Have to Worry About Drowning.**

- Learning swimming is important for drowning prevention but nobody is drown-proof—including professional swimmers. (studies have shown that swimmers can reduce the risk of drowning by up to 88%).
- Water can be unpredictable, especially open water, and rip tides, undertows and currents can be dangerous. That is why no one should ever swim alone!

### **MYTH 2: Don't Need a Life Jacket if You Know How to Swim**

- Factors like your child's skill level, or the type of swimming environment, are important things to take into consideration when determining whether you should wear a life jacket.

### **MYTH 3: If We're Not Swimming, There's No Risk of Drowning**

- The unfortunate reality is that the majority of drowning accidents take place during non-swimming times. In fact, 69% of drowning deaths for children under five happen when they aren't expected to be swimming.



LET'S HAVE A LOOK ON  
SOME OF THESE SAFETY  
TIPS

- Be aware of water and weather conditions.
- Never leave a young child unattended near water.
- Fence pools, ponds and other open water bodies near your home with adequate barriers.
- Everyone in family should learn swimming and water safety survival skills.
- Whenever near water- have reaching and throwing equipment on hand such as ring buoys, or reaching poles or even a water jug tied to a rope. Have life jackets, mobile phone for making emergency call and a well-stocked first aid kit.
- Always swim only in area that are designated for swimming and are supervised by lifeguards.
- Always swim with a buddy, don't allow anyone to swim alone.
- Always enter water cautiously, feet first.
- While on a boat, always wear a proper life jacket.
- Do not use alcohol or drugs before or while swimming or supervising.

*(Source: OSDMA safety manual)*



## FEW MORE INFORMATION ABOUT DROWNING:

Let us try to understand different types of Drowning:

**WET DROWNING:** Liquid floods the lungs and causes breathless. The victim isn't able to take in air and without proper aid, can drown.

Dry drowning occurs when someone inhales water through the nose or mouth, causing a spasm in the airway and difficulty breathing. The drowning is called "dry" because water does not enter the lungs because of spasm (reflex closing) of the vocal cords.

Active drowning is the response someone has when they recognize there is a chance they could drown. Adults and older children are usually able to detect their danger beforehand, and have the ability to attempt to stay above the water while still drawing attention towards them.

Passive drowning occurs when someone submerges and is unable to resurface. It usually occurs to small children due to lack of knowledge or physical ability to make it back to the surface.

Secondary drowning is where a victim of drowning is successfully rescued and resuscitated; they may appear to be fully recovered but could still be fatal.

(Source: <https://swimrichmond.org/blog/5-drowning-types-to-prevent/>)



ACCORDING TO WORLD HEALTH RANKINGS, DROWNING DEATH RATE OF INDIA IN THE YEAR 2021 IS 4.99, FOR MALE IT IS 6.59 AND FOR FEMALE IT IS 3.30.

(Source: <https://www.worldlifeexpectancy.com/cause-of-death/drownings/by-country/>)

## SOURCES

This book would not have been successful without the help of:

1. <https://www.clipartmax.com/>
2. <https://lovepik.com/>
3. <https://www.toonytool.com/>

